



Beast



Dyma'r llwybr y mae pawb yn ysu i'w goncro. Llwybr hirfaith ac anodd sy'n gofyn am gryn ymdrech corfforol a seicolegol, ac sydd wedi trechu sawl un.

Gyda gellytydd geirwon, cerrig llamu, troeon tynn a mannau neidio niferus. Ewch gyda'r llif ar hyd **Adam & Eve**, cornelwch **Serpent's Tail**, hedwch i lawr yr **Adams Family**, cymerwch ofal ar garreg lamu **Lurch** cyn mynd fel bom ar **Uncle Fester**. A pheidiwch ag anghofio am y cyfuniad **Pink Heifer** a **Big Dug** sy'n mynd â chi ar drac sengl 4km bendigedig trwy'r ffynidwydd Douglas mawreddog. Bydd eich calon yn curo a'ch coesau ar dân! Beth amdani felly? A fyddwch chi'n bustachu i fyny'r allt olaf ac yn teimlo fel brechdan wrth bedlo yn ôl i'r gwaelod, neu ydych chi'n barod i ddofi'r bwystfil unwaith ac am byth?

This is the trail that everyone aspires to ride. It's long, it's tough, it will stretch you physically, mentally and has left many broken souls.

You can expect loose rocky climbs, gnarly descents, stone fly offs, berms, tabletops and hips. Get low and funky through **Adam & Eve's** rhythm section, tight & twisty on the **Serpent's tail**, fly down the **Adams Family** but watch out for **Lurch's** stone corkscrew before ballistic speeds on **Uncle Fester**. And don't forget the **Pink Heifer**, **Big Dug** combo that gives over 4 kms of continuous sublime singletrack through the majestic tall Douglas Firs. Smash it in a oner and feel the burn!

So will you be dragging yourself up the final climb, limping down the last descent utterly spent, or will you rise to the challenge and tame the Beast?



Beast

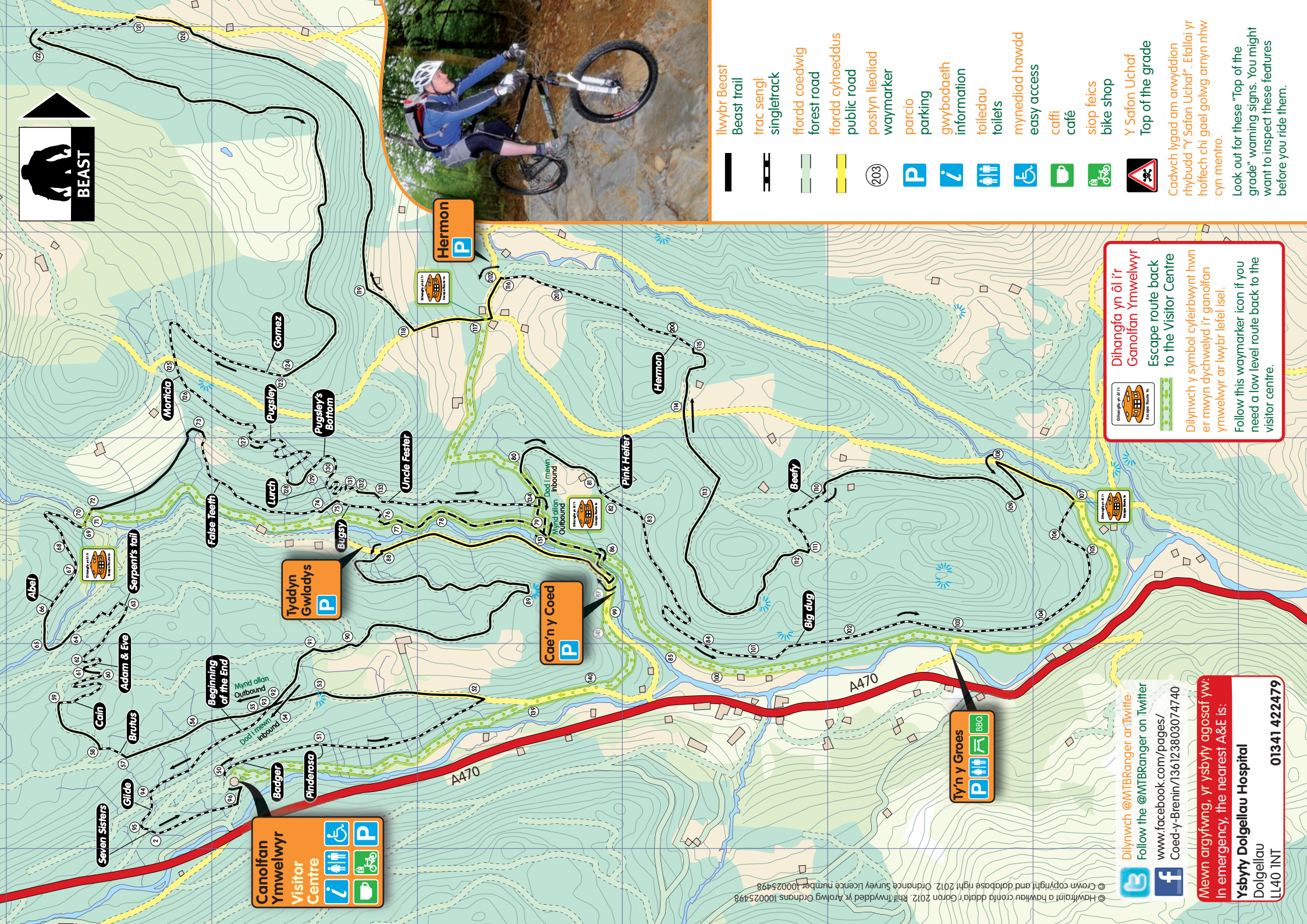
Gradd	du/caled
Pellter	38.2 km
Amser	3 - 6 awr
Dringo	990 m

Dosbarth y Llwybr	Du/Caled
Yn addas i	Beicwyr mynydd profiadol, sy'n gyfarwydd â llwybrau sy'n heriol gorfforol. Beiciau mynydd oddi ar y ffordd o ansawdd da.
Mathau o lwybrau a arwyneb	Fel y 'Coch' ond gyda disgwyliad o fwy o sialens ac anhawster parhaus. Gall gynnwys unrhyw lwybr defnyddiol yn ogystal ag adrannau o fryniau agored digysgod.
Nodweddion graddiant a thechnegol y llwybr	Disgwyliwch ddod ar draws nodweddion llwybr technegol a graddiannau helaeth, caled ac anosgoadwy. Fe fydd adrannau'n heriol ac amrywiol. Yn ogystal gellir cael adrannau 'gwaeredol'.
Lefel ffitrwydd awgrymiedig	Addas i bobl actif sy'n gyfarwydd gydag gweithio'n galed.

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Grade	black/severe
Distance	38.2 km
Time	3 - 6 hours
Climb	990 m

Bike Trail Grade	Black/Severe
Suitable for	Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.
Trail & surface types	As 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.
Gradients & technical trail features (TTFs)	Expect large, committing and unavoidable TTF's. Sections will be challenging and variable. May also have 'downhill' style sections.
Suggested fitness level	Suitable for very active people used to prolonged effort.



Canolfan Ymwelwyr Visitor Centre

Tyddyn Gwladys

Cae'n y Coed

Hermon

Ty'n y Groes

Dilynwch @MTBRanger ar Twitte
 Follow the @MTBRanger on Twitter
www.facebook.com/pages/Coed-y-Brenin/136123803074740

Mewn argyfwng, yr ysbwyth agosaf yw: In emergency, the nearest A&E is:
Ysbyth Dolgellau Hospital
 Dolgellau
 LL40 1NT
 01341 422479

Dihangfa yn ôl i'r Ganolfan Ymwelwyr
 Escape route back to the Visitor Centre

Dilynwch y symbol cyfeirbyrrt hwn er mwyn dychwelyd i'r ganolfan ymwelwyr ar lwybr lefel isel.
 Follow this waymarker icon if you need a low level route back to the visitor centre.

- llwybr Beast** Beast trail
- trac sengl** singletrack
- ffordd coedwig** forest road
- ffordd cyhoeddus** public road
- postyn lleoliad** waymarker
- parcio** parking
- gwybodaeth** information
- toiledau** toilets
- mynediad hawdd** easy access
- caffi** café
- siop feics** bike shop
- Y Safon Uchaf** Top of the grade



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